CASTRO'S SISTER SAYS SHE SPIED FOR CIA, PG11

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VANCOUVER • TUESDAY, OCTOBER 27, 2009 metronews.ca

Celebrity Buzz
Madonna to meet Mercy's dad pg 22

Sports pg 16
Preview of the NBA season

BCAA closing travel offices due to online use

JOBS The B.C. Automobile Association says it's closing all of its store-front travel offices because most people are making their travel arrangements online.

The offices will close on Jan. 15, putting 157 people out of work.

BCAA says it will continue to offer travel services online, by phone and through its customer service centre in Burnaby.

But the company also says it's accepting offers from other travel companies that might want to buy out the association's remaining travel business.

BCAA president Bill Bullis says the rise of the Internet industry and a fall in agency commissions have made it difficult to operate the travel business at a profit. THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS

Rod Parnell, left, closes his eyes as he receives the H1N1 flu vaccine from a nurse at a clinic in the Downtown Eastside yesterday on the first day of immunizatioins. DTES residents are among those considered at-risk and given priority for the vaccine. More coverage, page 6.

Vaccinations begin

One site runs out of H1N1 inoculations due to high demand

Flu Outbreak

KRISTEN THOMPSON
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Hundreds of people lined up outside Vancouver clinics yesterday for the first wave of H1N1 vaccinations, with the demand so high at the Arbutus Mall clinic that it ran out of vaccinations.

One clinic had a line so long it streamed well down the block.

Anna-Marie D'Angelo, a spokesperson for Vancouver Coastal Health, said patients deemed to be at highest risk were supposed to be inoculated first.

"The Arbutus Mall and Downtown Eastside clinics were (especially) busy," she said.

People in the DTES are considered high risk because many have underlying health issues.

D'Angelo said some healthy British Columbians showed up to be vaccinated, but most were turned away.

Pregnant women past their 20th week, adults with chronic medical conditions, aboriginals and people living in remote areas were given priority.

Susan Stephenson, 33, who is nearly nine months pregnant, was at the Three Bridges Community Health Centre on Hornby Street to get the vaccine.

"It's just a precaution," she said.

Susan Hogan, who lives on Bowen Island, decided to get inoculated against the seasonal flu at the same clinic, and said she'll come back in two weeks to get the H1N1 vaccine.

"Why look a gift horse in the mouth?" she asked. "It seems (crazy) not to (get inoculated) when it's being provided. And I don't want to pass it on to other people."

Starting next week, eligibility will be expanded to include children between six months and five, health-care workers and certain care providers.

By mid-November, everyone else can receive it.

"There will be enough vaccinations for everyone in the province who wants or needs (the shot)," said Ritinder Harry, a spokesperson for the B.C. Centre For Disease Control.

She said around 230,000 doses were sent to B.C. for the first wave of inoculations, and another 230,000 are on their way for the second wave next week.

WITH FILES FROM THE CANADIAN PRESS

By the numbers

- Only 36 per cent of Canadians say they plan to get vaccinated, according to a study released yesterday by Angus Reid.
- Nine people have died in B.C. from H1N1-related illnesses, and 111 people have been hospitalized with that flu.

City clinics offering H1N1 vaccines

- Arbutus Mall. 4255 Arbutus Street.
- Marpole Family Place. 1305 West 70th Avenue.
- Evergreen Community Health Centre. 3425 Crowley Drive.
- South Community Health Centre. 6405 Knight Street.
- Frog Hollow Neighbourhood House. 2131 Renfrew Street.
- Kitsilano Community Centre. 2960 Larch Street.
- North Community Health Office. 200-1651 Commercial Drive.
- Renfrew Community Centre. 2929 East 22nd Avenue.
- Three Bridges Community Health Centre. 1292 Hornby Street.
- Pacific Spirit CHC. 2110 West 43rd Avenue.

For hours of operation or more information visit health.gov.bc.ca/flu.

Delay all-day kindergarten, say trustees

EDUCATION B.C.'s school trustees are calling on Premier Gordon Campbell and his government to delay the introduction of all-day kindergarten until it is able to sufficiently fund the province's existing public school system.

"We're underfunded, the government is not fulfilling its responsibilities and so we're very leery of taking on any additional costs," said Vancouver School Board trustee Mike Lombardi.

The resolution was adopted during a B.C. School Trustees Association council meeting Sunday. The trustees are elected officials who plan policy and the annual budget for their respective school boards.

School board budgets are already stretched to the breaking point and cannot, under present conditions, absorb costs associated with all-day kindergarten, Lombardi said.

The Vancouver school district, for instance, faces $8 million in cuts this year — even though operating costs are on the rise.

Campbell announced during his throne speech that half of B.C.'s elementary schools would offer all-day kindergarten in September 2010.

The program — which comes with a $151-million price tag — would be expanded to all schools the following year.

Lombardi put out a call to arms to parents who want all-day kindergarten brought in next year.

"Tell government to get their priorities right and fund programs like all-day kindergarten and other important educational programs," he said.

Seventeen Vancouver schools offer extended kindergarten and Lombardi said the program has been successful, but in order to make it work provincewide, the government needs to pony up the cash. KIMBERLY SHEARON/ FOR METRO VANCOUVER

News on the Move
What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3

Food pg 19

Creeped-out cupcakes

Entertainment pg 20
Python: Lots of silly walks

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Local

Make your Halloween a little greener

If one-quarter of households in Metro Vancouver carve Jack O'Lanterns this Halloween, this will create 1,000 metric tonnes of organic trash — weighing the same as 300 elephants. The Metro Vancouver regional district recommended yesterday that people eat the pumpkins or compost the remains. METRO VANCOUVER

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

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BCCLA to watch torch relay launch

RIGHTS The B.C. Civil Liberties Association will have five teams of "legal observers" in Victoria Friday for the Canadian launch of the Olympic torch relay.

The observers will watch the security forces guarding the torch to ensure no one stiffles free speech or political expression.

The BCCLA has trained 100 observers and hopes to have 300 people trained by the February start of the Winter Olympics.

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Your Money Allan Small on how the fortunes of the U.S. and Canadian dollar impact North American markets at **metronews.ca/investing**

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PNE Monsters of Schlock

STUART SHEPHERD/METRO VANCOUVER

Performers the Great Orbax, right, and Sweet Pepper Klopek practise tongue-trapping yesterday at the PNE. On Halloween night, the brothers will attempt to break the Guiness World Record for most mousetraps released on the tongue over one minute as part of the Monsters of Schlock show.

News in brief

STABBINGS A Vancouver man has been charged in connection with a Saturday stabbing spree that injured six people. Richard Angelo Earl McDonald, 30, is charged with six counts of assault with a weapon, five counts of assault causing bodily harm and one count of robbery.

RESIGNATION The B.C. Amateur Softball Association's ex-bookkeeper has resigned after admitting to swindling more than $400,000 from the group. RCMP are investigating.

ASSAULT Langley RCMP are investigating what appeared to be an unprovoked assault on a 14-year-old male student near Walnut Grove Secondary School yesterday. The student was punched in the face and slashed at with a pocket knife.

FINE The B.C. Securities Commission levelled its largest fine ever yesterday as it ordered a group of four people pay $26 million in fines and to repay $16 million in connection with a Ponzi scheme.

METRO NEWS SERVICES

VANOC reports surplus

But suppliers still need to be paid, organizers warn

VANCOUVER 2010 Games

JEFF HODSON
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Cutbacks and a slight turnaround in the global economy have pushed Vancouver's Olympics into the black.

But organizers cautioned during a conference call yesterday that the positive position isn't necessarily indicative of the future.

VANOC finished the 2009 financial year with a surplus of about $225 million, compared with a deficit of $48 million the year before.

The surplus is largely because it hasn't yet paid suppliers for service.

"Soon our cashflow out will increase dramatically as we pay our suppliers," said John McLaughlin, VANOC's chief financial officer.

VANOC finished the year with operating revenues of $629 million, mainly from ticket sales and contributions from the International Olympic Committee. VANOC had operating expenses of $404 million.

"It's what lies ahead, not behind us, that is most important," McLaughlin said.

Among the questions that remain is how much VANOC will have to compensate Cypress Mountain and Intrawest, the owner of Whistler-Blackcomb.

VANOC has to cover the difference in revenues compared to a normal ski season.

After last year's deficit, VANOC looked to cut costs where they could without significantly impacting the Games. A secondment program saved VANOC about $9 million by borrowing employees from its public and private partners.

Torchbearer following in mother's footsteps

RELAY Few people can say being an Olympic torchbearer is a family tradition, but Neil Harbun is one of them.

Harbun, 21, has been selected by Coca-Cola Canada as the first torchbearer for the 2010 Olympic torch relay.

It kicks off in Victoria on Friday.

"I'm not nervous now, but I might be when I get there," he said. "I don't want to trip or something."

Harbun's selection comes almost 22 years after his mother, Deb Roy — who had given birth to Harbun just 50 hours earlier — carried the Olympic torch for Calgary's 1988 Winter Games.

"She's been talking about it non-stop," said Harbun. "She says it was the most enjoyable experience."

Harbun, who grew up playing almost every sport offered at his school, played football for the Vancouver Island Raiders last year. He now studies science at the University of Manitoba and hopes to go into the healthcare sector when he graduates.

Harbun said he can't wait to be a part of the Olympics — even if it's just as a torchbearer.

"It would have been nice to participate as an athlete too," he joked. "But this is huge ... I'm very lucky."

KIMBERLY SHEARON/ FOR METRO VANCOUVER

Website for Olympic ticket resales coming in next few weeks

ONLINE An official website for people to resell Olympic tickets is only a few weeks away, VANOC officials said during a conference call yesterday.

Executive vice-president Dave Cobb said VANOC is still working through technical issues, "making sure it's easy for people to use."

VANOC will take a fee from the resales. Details about the program will be rolled out in the next couple of weeks.

The third and final instalment of Olympic tickets will be up for on sale Nov. 7.

METRO VANCOUVER

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Contest for students

The University of British Columbia is holding a competition for K-12 classrooms around the world to showcase how they are using technologies and new media like Twitter to promote understanding about the 2010 Winter Olympics. The five best submissions will receive $2,010. METRO VANCOUVER

Man charged in 1993 murder

KRISTEN THOMPSON
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Police have arrested and charged a man in Kelowna in connection with the 16-year-old cold case murder of a teenager.

Neil George Snelson, 43, made his first appearance in court yesterday, after being charged with the first-degree murder of Jennifer Cusworth, 19, who was killed in October 1993.

DNA evidence, which had been collected at the scene of the crime 16 years ago, led to Snelson's arrest on Oct. 23.

Neil Snelson

"Today is the beginning of the end of a very long journey for Jean and Terry Cusworth," said RCMP Const. Steve Holmes, of the victim's parents.

He said Cusworth's parents went to Kelowna every year on the anniversary of her death to make a plea for information leading to the arrest of her killer.

"Clearly, giving up was one thought that was never considered," said Holmes.

Snelson, a father of four who has no prior criminal record, had been at a house party where Cusworth was last seen alive. Her body was found the following day in a ditch alongside a private road.

"It must be stated ... that the accused is considered innocent until proven guilty in a court of law," said Holmes.

Extradition looms for Prince of Pot

MARIJUANA Prince of Pot Marc Emery could be extradited to the U.S. as early as tomorrow, supporters said yesterday.

Emery, who is being held at the North Fraser Pretrial Centre in Port Coquitlam, is being sent to the U.S. for allegedly selling marijuana seeds through the mail.

A group of supporters has been camped outside the pretrial centre since Emery was taken into custody at the end of last month. METRO VANCOUVER

News in brief

WARRANTS Burnaby RCMP busted a 53-year-old career criminal after he was caught while allegedly breaking into a local business for the third time. The man was arrested on two outstanding warrants and appeared in provincial court yesterday.

SUSPECT Police are looking for a suspect in a grey or silver minivan after a trio of robberies in Abbotsford and Chilliwack. The suspect produced a knife during two of the three robberies. Anyone with information is asked to contact Abbotsford police.

ARREST Vancouver police have made a fourth arrest from the Con Air Top 10 Most Wanted list. James Whitmore, 25, was taken into custody yesterday. He will be transported to Durham, Ont., where he is wanted on 20 warrants.

CHARGES Brandon Cartwright, a 24-year-old Burnaby man, has been arrested and charged with four counts of robbery and one charge of assault with a weapon after allegedly going on a crime spree in an attempt to elude arrest.

FUGITIVE Convicted murderer Joseph Johnny is wanted on a Canada-wide warrant after breaching his parole and failing to return to his Vancouver halfway house Saturday night. Police believe he may be en route to Salmon Arm. Anyone who sees him is asked to call 911 immediately.

METRO NEWS SERVICES

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Transit services making detour to 'Where the streets have no name'
Extra transit service will be added to help transport people to and from B.C. Place tomorrow night for U2's highly anticipated concert. SkyTrain and the Canada Line will run at rush hour levels before and after the concert, the SeaBus will run on a 15-minute schedule and more buses will run on key routes. NEWS1130.COM

N.L. youth choir irate with lack of Games invite

VANCOUVER 2010 Games

YOUTH The B.C. government is singing a new tune after Premier Gordon Campbell hit a sour note with a Newfoundland youth choir who thought they were promised a spot on the Olympic stage.

B.C. Aboriginal Affairs Minister George Abbott says he's working on a new arrangement to bring Newfoundland and Labrador's Conne River Choir to the Winter Olympics in Vancouver.

Campbell raised the choir's ire when he saw them perform at an aboriginal women's summit in Corner Brook, N.L., two years ago and said they should be invited to the Games. The formal invitation never came, and Miawpukek First Nation Chief Saqamaw Misel Joe wrote Campbell last week expressing disappointment.

"When you extended this invitation to them your words were taken as your 'honour,'" said the chief's letter. "This is why we are expressing the devastation that our children now feel and the lesson they have learned that your words mean nothing."

Abbott said Campbell was extremely impressed by the choir when he saw it perform, but he doesn't control or arrange the entertainment at the Olympics. THE CANADIAN PRESS

News in brief

VANDALISM A group of drunk teenagers have to rebuild a Delta man's fence after being caught kicking it down, police say. The victim detained the suspects until police arrived, and the "apologetic" teenagers were released to the care of their parents.

HEALTH Some operating rooms are closing in the Fraser Health Authority, cknw.com reports. According to Debra McPherson, president of the B.C. Nurses Union, the result will be decreased access to elective surgeries and wait lists will grow.

SCAM The Greater Vancouver Food Bank Society issued an alert yesterday about scammers asking for cash donations on their behalf over the phone. The food bank never solicits cash door-to-door or over the phone.

METRO NEWS SERVICES

Suspects sought in group assault

KIMBERLY SHEARON
for Metro Vancouver

Police are asking for the public's help in tracking down the group of men who assaulted a 24-year-old Vancouverite in September, leaving him with serious internal injuries and a fractured orbital bone.

The victim and his friends were attending an annual skateboard block party in the 200 block of Abbott Street on Sept. 13 when they were approached by seven men.

One of the men insulted the victim's girlfriend and slapped the victim's hat when he reacted.

The victim then retaliated by punching the instigator, said Const. Lindsey Houghton of the Vancouver Police Department in a release yesterday.

The victim was then jumped and kicked repeatedly in the face, head, back and stomach by the men until some witnesses intervened.

The suspects fled in a taxi.

The victim was hospitalized and required surgery to remove his damaged spleen.

Investigators believe the attack's lead instigator is a white male, who has a tattoo of a fish outlined on one of his arms.

He wore a red baseball cap and was apparently trying to sell Crest Whitestrips at the party, Houghton said.

A second male suspect is described as short and wore a brown backpack and a thick hemp necklace.

A third suspect reportedly has brown hair with a step pattern shaved into it.

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PEOPLE POWERED

Homeless at greater risk of early death: Study
Canadians living in homeless shelters and rooming houses have a much shorter life expectancy than the general population — and poverty is not the only factor contributing to their premature deaths, researchers conclude. THE CANADIAN PRESS

Canada

Blind Algerian granted residency

Abdelkader Belaouni, left, a blind Algerian man who was made to feel like a "loser" when he was rejected from Canada because he had no family or job, says he's a "winner" and he'll prove it now that he's been allowed to stay in the country. That moment of triumph came after he spent almost four years holed up in a Catholic church. THE CANADIAN PRESS

News in brief

WHISTLEBLOWERS The Harper government is refusing to pay the legal bills of a federal official whose warnings of possible torture in Afghan jails sparked a political storm, The Canadian Press has learned. The Foreign Affairs Department gave preliminary approval to Richard Colvin's request to use an independent lawyer in September. THE CANADIAN PRESS

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Parliament **Flash mob**

SEAN KILPATRICK/THE CANADIAN PRESS

A protester is dragged out of Parliament after disrupting question period in the House of Commons on Parliament Hill in Ottawa yesterday. The protest was part of a Climate Flash Mob, which included upwards of 200 youth fighting for climate action.

Additive-free vaccine on way to Canada

Ottawa importing shots for pregnant women

Canada is importing adjuvant-free H1N1 vaccine from Australia for pregnant women, hoping to be able to offer that product sooner than if it waits for unadjuvanted vaccine from Canada to make it through the licensing process.

Health Minister Leona Aglukkaq announced yesterday she signed an interim order that will allow 200,000 doses of adjuvant-free vaccine from CSL Ltd. to be used in this country.

The CSL vaccine should be available starting next week, said Dr. David Butler-Jones, head of the Public Health Agency of Canada.

"We have heard the concerns about pregnant women having to wait for an unadjuvanted vaccine and we have been working very hard on providing it earlier, given they have always been considered a priority group," Aglukkaq said at a news conference in Ottawa.

Pregnant women are at higher risk from this virus. THE CANADIAN PRESS

Adjuvant

- Most of Canada's 50.4-million doses of H1N1 vaccine will contain an adjuvant, an additive that boosts the immune system's response to the vaccine.

Tougher rules for fraud eyed

PAROLE The Conservative government is moving to end automatic early parole for non-violent offenders in a move aimed at financial fraudsters following a spate of highly publicized scams.

With allegations of Ponzi schemes grabbing headlines in several provinces, the government wants to toughen rules that allow non-violent offenders apply for early parole after serving just one-sixth of their sentence, following a first conviction.

Public Safety Minister Peter Van Loan said legislation would be tabled that would make it harder for them to get out of jail so quickly. THE CANADIAN PRESS

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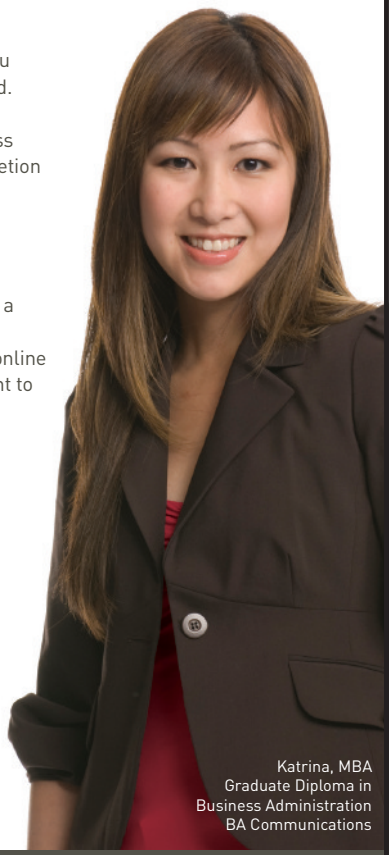

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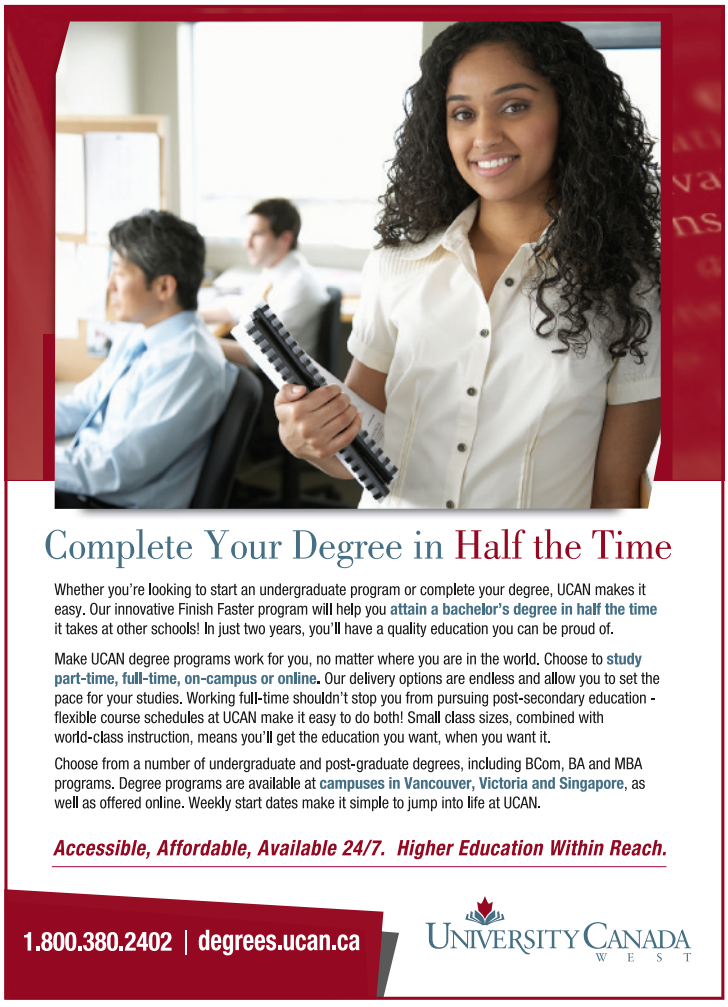

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Arrest made in cold case

Police in Thunder Bay, Ont., say an arrest has been made in the November 2000 slaying of Judith Thibault. THE CANADIAN PRESS

Weather blamed in claim surge: Expert

Climate change will hit insurance firms, officials say

Harsh weather whipped up by climate change has caused insurance claims to surge as more and more flash floods, hail storms and hurricanes wallop the Canadian landscape, industry experts say.

And — thanks to global warming — there's more of that to come, a conference in Montreal was told yesterday.

Martin-Eric Tremblay of the Co-operators Group Ltd. said that insurance companies now expect to pay out claims on catastrophic events four times more often than they did in the 1980s.

Weighing the risks of natural disasters has become part of daily operations for insurance firms, he said.

"Years ago we were not even thinking about having hurricanes on the shores of the Atlantic (provinces)," Tremblay, Co-operators' senior vice-president, said in an interview after his presentation to a workshop organized by Quebec's financial regulator.

In its 2009 report, the Insurance Bureau of Canada said insurance claims related to severe weather, even when adjusted for inflation, have doubled every five to 10 years since the 1950s.

The weather patterns could wind up hitting customers' wallets.

"We'll have to take (more natural disasters) as a Canadian reality," Tremblay said.

"If you've got one every three years, it's a small surcharge in your premium, but when it comes to three or four big events a year, you've got to charge it back to the client."

Asked whether this could be an excuse for insurance companies to hike premiums, a spokesman for the Consumers' Association of Canada said it hasn't examined the issue and could not comment.

But one industry member said governments can keep insurance premiums down by creating building codes that call for sturdier structures and by putting more limits on where new homes are built.

"If you have more bad storms come and there's not a change in behaviour there will be more damage — and the insurance companies need to cover their costs," said Paul Kovacs, founder of the Institute for Catastrophic Loss Reduction.

THE CANADIAN PRESS

Insurance bureau

- The independent, disaster-prevention research institute was created by the Canadian insurance industry and has designed building specs that builders can use to fortify homes.

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Ontario's kindergarten plan won't be fully ready until 2015
Ontario Premier Dalton McGuinty will announce today that it will take Ontario five years to phase in a plan to offer all-day kindergarten for all four- and five-year-olds. Some 35,000 kids will be offered full-day learning next September, but the program will be fully implemented across the province by 2015, a source said. THE CANADIAN PRESS

Cellphone ban begins for Ontario drivers

LAW To hear the Ontario government tell it, the driver of the future would no sooner pick up a cellphone while behind the wheel than travel down the highway without a seatbelt on.

That was the expectation laid out yesterday as the province joined the growing ranks of Canadian jurisdictions banning the use of handheld devices while driving.

"There was some early resistance to seatbelts and to other legislation and rules of the road. They are now common practice," Transportation Minister Jim Bradley said as he launched an education campaign to get drivers on board.

"That's what we want to see happen with this legislation."

Millions of motorists in the country's most populous province are now banned from using any handheld electronic devices to text, e-mail or talk while driving, unless it's a 911 call or the driver has safely pulled off the road.

Provinces

- Ontario is the fourth province to enact a handheld electronic devices ban, following Newfoundland and Labrador, Quebec, and Nova Scotia.

They're also forbidden from using portable video games, music players or DVD players while chugging along. Global positioning systems are allowed, as long as they're properly secured to the dashboard.

Starting Feb. 1, Ontario drivers could face fines of up to $500 if they're caught violating the new rules.

According to the 2006 Ontario Road Safety annual report, there were 77 fatalities among the 33,551 accidents due to "inattentive" drivers, which included talking on a cellphone while driving.

Manitoba's cellphone ban is expected to be proclaimed into law next year, British Columbia has introduced similar legislation and Saskatchewan has promised a bill this fall. B.C.'s proposed legislation would prohibit new drivers in the province's graduated licensing program from using hands-free phones, but experienced drivers can use them. THE CANADIAN PRESS

Mafia not getting money: Minister

Canada's public safety minister says there's no evidence of federal stimulus money going to the Mob amid sensational reports from Quebec of Mafia-related collusion in the construction industry.

The comments from Peter Van Loan come amid allegations that construction companies work together to drive up the cost of public-works projects, threaten companies that don't participate, and give commissions to the Mafia.

The construction scandal has rocked Quebec, but organized-crime experts say it's a common practice wherever the Italian Mafia operates.

The reports come with Ottawa and the provinces showering billions on construction projects in the biggest infrastructure spending spree in Canadian history.

Mafia eyeing U.S. cash?

- Concerns have also been raised in U.S. news reports about the Italian Mafia clamouring to get their hands on a piece of American stimulus cash.

But Van Loan says there's been no indication of federal infrastructure money being sucked up in such a scheme.

"I am unaware of any concerns like that raised in any particular infrastructure cases," Van Loan said yesterday.

THE CANADIAN PRESS

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Comment

How the women ran 24 Sussex

NationalReport
Lawrence Martin

metronews.ca/nationalreport

Pierre Elliott Trudeau used to complain, as most leaders do, about journalists trying to pry into his personal life. It's none of our business, he'd say. And most of us agreed, shied away and gave him a break, as we did with John F. Kennedy.

But when you read the new Trudeau bio, Just Watch Me: The Life Of Pierre Elliott Trudeau 1968-2000 by John English, you understand why there are those who say we ought to stretch our noses.

The book's big breaking story, in a nutshell, is How the Babes Ran 24 Sussex. There's Margaret and Margot and Barbra and Kim and Gale and Liona — and I'll stop there.

The book might well have been called "Just Watch Them." They impacted PET's election timing, his grand strategies, his moods, his decision-making. In 1977, the Liberals had a big lead in the polls and we in the fourth estate wondered why the PM didn't push ahead with a campaign. Now we find out. The story was: Maggie Puts Kibosh On Campaign. She stressed Pierre out so much that it cracked his vaunted mental discipline. He couldn't focus enough to run an election. He waited until 1979 and lost to Joe Clark.

This isn't sensationalism. English is a sober-minded scholar who had access to Trudeau's private papers. A former Liberal MP, he has written an illuminating book, the second of a two-volume study.

It relates how actress and peacenik Margot Kidder helped convince the PM to launch one of his major initiatives — his international peace mission of the early 1980s. In talks at a black-tie dinner in Washington, she lit into Ronald Reagan's senior troglodytes with all kinds of anti-nuke volleys. Trudeau urged her on via a thigh squeeze for every direct hit.

Many observers have said Trudeau was Canada's Kennedy. This books adds another point of comparison. Each leader was unremittingly flirtatious and each leader got a great break from the reticent media.

Are wives and romances fair game for the fourth estate. Judging from this book they should be. The power behind the throne can't be ignored. Just recently we saw how Laureen Harper masterminded her Stephen's variety show coup — the piano and song act at the Ottawa gala. There was no attempt to hide that news.

But nothing can quite match the work of Aline Chrétien. While her little guy was fast asleep one night, she awoke in time to find an intruder at the bedroom door, knife in hand. She may well have saved his life. Just another example of gal power.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

eHealth technology requires precautions

InStep
Christine Williams

Proponents of eHealth argue that if other regions of the world have made significant strides in eHealth technology, what's wrong with Canada? Caving in to what everyone else is doing is an injudicious argument. Although we cannot be left out of the globalization loop, we need to proceed with caution.

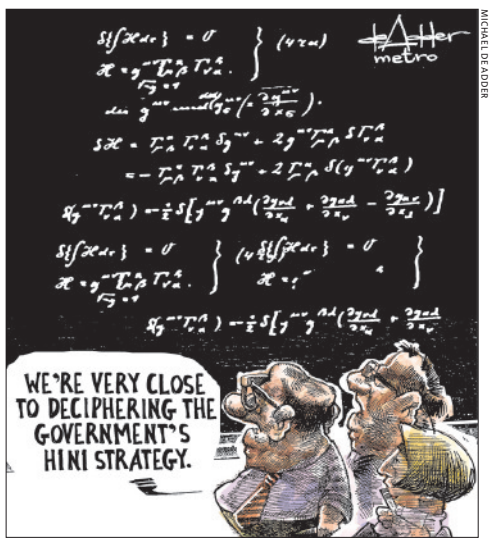
While an eHealth record system will improve time efficiency, wait times, and patient safety (by lowering the risk of drug interactions), scrutiny and diligence are necessary as we move forward. There are big bucks to be made by individuals and enterprises, aggressively driving this venture, yet we must learn from the eHealth debacle in Ontario where more than $1 billion was wasted through lack of oversight, broken rules and decadent consultant contracts.

Health Canada has added $500 million to the $2 billion given to the Canada Health Infoway to revolutionize Canada's health records. While this sounds great, it is estimated that Canadians will have to pay at least $23 billion in capital and operating costs over the next decade. Although touted as an economic stimulus to create jobs, according to a Canadian Business Online report, most of this money will be stuffed into the coffers of U.S. multinational corporations, providing the sophisticated eHealth record software.

Another consideration: Privacy assurances. Who could forget the 11,500 patient files that were skimmed by a hacker from the AHS Edmonton network in May.

The progress of eHealth in Canada must not be driven by greed or a need to keep up with global counterparts, but instead by patient interests, health-care efficiencies and long-term costs. For this to happen effectively, caution and public scrutiny are our first lines of defence.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.



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School, then sailing around the world
A 14-year-old Dutch girl who hopes to become the youngest sailor to circumnavigate the globe said yesterday she will wait until the school year ends before starting her attempt. THE ASSOCIATED PRESS

11

World

Castro's sister reveals in book she spied for CIA

One of Fidel Castro's sisters says in a memoir released yesterday that she collaborated with the CIA against her brother, starting shortly after the United States' failed Bay of Pigs invasion of Cuba in 1961.

Juanita Castro, 76, initially supported her brother's 1959 overthrow of the Batista dictatorship but quickly grew disillusioned. In a Spanish-language memoir published by Santillana USA and co-written by journalist Maria Antonieta Collins, she says the wife of the Brazilian ambassador to Cuba persuaded her to meet a CIA officer during a trip to Mexico in 1961.

Castro said in the book, My Brothers Fidel and Raul. The Secret Story, that she travelled to Mexico City under the pretense of visiting her younger sister Enma. There she also secretly met a CIA officer who identified himself as "Enrique."

Juanita Castro

Castro said that during the hotel meeting, she expressed her concerns that those who supported Batista's overthrow but were not communists were being pushed out of the new government. Castro writes she agreed to help the CIA gather information but refused to accept money for her efforts and said she wanted no part in any violence.

"Enrique," whom Castro says she later learned was a CIA officer in Cuba named Tony Sforza, then asked her to smuggle messages, documents and money back into the country hidden in canned goods.

Castro said she remained on the island while her mother was alive, believing she was protected from the full wrath of Fidel. Her mother died in 1963 and she fled Cuba the following year, eventually settling into a quiet life in Miami, where she ran a pharmacy until 2007 and is generally well regarded by other Cuban exiles.

Fidel, she wrote, was not initially a hard-line communist like their brother Raul and fellow revolutionary Ernesto "Che" Guevara, but that Fidel turned to communism to maintain power.

THE ASSOCIATED PRESS

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News in brief

TEXAS Jury selection began yesterday in a trial stemming from the raid of a polygamist ranch. Raymond Jessop is charged with sexual assault of a child, stemming from his alleged marriage to an underage girl.

MINNESOTA Two Northwest Airlines pilots told U.S. federal investigators they were going over scheduling using their laptops while their plane overflew their Minneapolis destination by about 240 kilometres. Air traffic controllers tried for more than an hour to contact the flight, which later landed safely. THE ASSOCIATED PRESS

Germany **Murder trial begins**

MATTIAS RIETSCHEL/THE ASSOCIATED PRESS

Defendant Alex W., right, accused of stabbing a pregnant Egyptian woman to death in a German courtroom, is brought into court in Dresden yesterday.

King waives flogging sentence

RIYADH Saudi Arabia's king waived a flogging sentence on a female journalist charged for involvement in a risque TV show, the second such pardoning of such a high profile case by the monarch in recent years.

King Abdullah's decision to waive 22-year-old journalist Rozanna al-Yami's sentence of 60 lashes by a judge in Jiddah follows intense international media attention. The journalist was charged with helping co-ordinate a talk show on a Lebanese channel featuring a Saudi man describing what appeared to be his active sex life. Though the charges against her were dropped, the judge ordered the flogging as a "deterrent" al-Yami said.

Al-Yami worked as a co-ordinator for the program but has denied involvement in the sex-related episode.

In the episode, a divorced Saudi father of four, Mazen Abdul-Jawad, appears to describe an active sex life and shows sex toys that were blurred by the station in the footage shown on TV.

THE ASSOCIATED PRESS

History

- In November 2007, the king waived a flogging sentence of 90 lashes against a rape victim for being alone in a car with an unrelated man shortly before the two were attacked.

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Quebec moving to shield pensions of ex-Nortel employees
The Quebec government said yesterday that it will move to try and safeguard the remaining pension assets of 3,750 Nortel employees in the province if their pensions are terminated while the company is under bankruptcy protection. THE CANADIAN PRESS

Business

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Carney chides bankers for bucking reforms

Global leaders are determined to fundamentally reform the world's financial systems despite the disappointing push-back coming from some bankers, Bank of Canada governor Mark Carney said yesterday.

"The leaders have decided about the big initiatives and we will put them in place," he told a conference in Montreal.

Despite the complexities of the issues being addressed, the world's central bankers, regulators and finance ministers are determined to institute the reforms agreed upon by world leaders, Carney said.

Carney said he and other bank governors are disappointed by some of the actions taken by global bankers, including large bonuses being paid by some before financial systems have solidified. "Is it a good idea to pay big bonuses when at the same time there is a shortage of capital?" Canada's top central banker said. "Maybe regulators will decide."

THE CANADIAN PRESS

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Business in brief

DEBIT Canada's debit card market is in turmoil as payment processors begin "aggressively marketing" new Visa and MasterCard debit cards to retailers, a leading merchant organization says. The retailers fear the credit card companies' entry into Canada's $168-billion debit market will mean higher fees for them.

AIRLINE Air Canada president Calin Rovinescu says the airline should gain new revenue after Continental Airlines joins the Star Alliance traffic-sharing program today. The new partnership will add 77 new destinations for Air Canada customers and provide the airline with more money.

INTERNET Rogers Communications is teaming up with Michael Eisner, a former chairman of Walt Disney Co. who is setting up a new web video studio. Rogers will have the exclusive Canadian rights to future projects from the new company.

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Money the deal breaker

AlisonOnMoney

Not long ago the deal breaker in a relationship was infidelity. When Nevada's 1950s quickie divorce law came into being the only recognized grounds for a marital split were infidelity and extreme cruelty.

Today breaking up legally is easy, no reason required. But increasingly the cause for relationship founder is financial discord.

If you find that hard to believe take a gander at the just released results of a couples and money survey commissioned by Credit Canada and Capital One. Here are some of the high … err… lowlights:

- More than a third of couples commit to a relationship without having an open discussion about money.
- 86 per cent of couples admit to fighting about money — small wonder when you consider the above point.
- The bickering isn't occasional either; more than a third disagree about money regularly.

Women and men aren't just battling over spending, they have radical differences in their approach to most things financial. For example:

- Nearly half of those in relationships don't believe they have the same philosophy about financial issues as their partners.
- Men's worst money fear is not being able to retire. Women's worst money fear is not being able to pay for their kids' education.

And here's where you see the rot setting in:

- One third of women and 27 per cent of men lie to their partner about how much they spend.
- The partner who is not in control of money management is 55 per cent more likely to hide debt from their significant other.
- In 40 per cent of relationships troubled by money, one or the other person believes their spouse will not talk openly about financial issues.

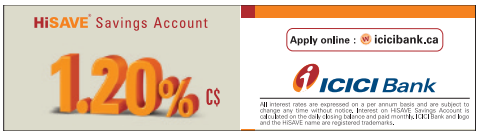
If you're interested in how well you and your mate suit each other on the money front, try out Credit Canada's compatibility test, crediteducation weekcanada.com.

You have to do it together, so let this be the first step in ending the relationship financial divide.

Alison's Money Rule:

Ever wonder if you'd make a good match? Don't look to the stars for an answer; instead check out your financial compatibility.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.



Limits of tax-free accounts

MoneyMatters

Q I am a resident and citizen of Canada. I have four grandchildren who live in the U.S. Can I open Tax Free Saving Accounts for them and can it hold U.S. stocks?
— Eleanor

A To open a TFSA, you must be at least 18 years old, a resident of Canada and have a valid social insurance number. Your grandchildren are out of luck.

Investments holdings mirror a RRSP and include foreign content holdings that contain many eligible U.S. stocks. However, unlike a RRSP, contributions are not tax deductible.

On Oct. 16, the federal government closed some TFSA loopholes, including asset transfers between registered or non-registered accounts to a TFSA without paying tax.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-485-5225.

On the web

Investing: Allan Small discusses the weak dollar and good earnings as driving the market higher , as well as using the strong dollar to buy U.S. equities. Visit metronews.ca/investing.

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Soccer boss denies delay caused violence

French football league president Frederic Thiriez has denied that postponing Marseille's match against Paris Saint-Germain at late notice after swine flu concerns arose was the catalyst for widespread violence erupting in Marseille's city centre. THE ASSOCIATED PRESS

Sports

AC Milan confident of Beckham's return

David Beckham's return to AC Milan on loan from the Los Angeles Galaxy in January is nearly "100 per cent" certain, the Serie A club's CEO Adriano Galliani said yesterday. Beckham, left, has long been linked with a second loan spell at Milan after performing well in a six-month stay with the team last season. Beckham, who wants to return to Europe to maintain his place in England's 2010 World Cup squad, has helped the Galaxy reach the eight-team MLS playoffs for the first time in four years. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Sports in brief

NHL At Montreal, Roman Hamrlik scored 1:32 into overtime to lift the Canadiens to a 3-2 win — their fourth straight win. Hamrlik took Tomas Plekanec's centring flip pass from the right side of the rink on a 2-on-1 and put a shot into the open left side.

NHL At New York, Marian Gaborik scored two goals and added an assist as the Rangers ended a three-game losing streak by downing the Phoenix Coyotes 5-2. The Rangers netted two goals on five shots in the first period and two more on only six more attempts in the second to chase goalie Ilya Bryzgalov. THE CANADIAN PRESS.

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Owner agrees to sell Coyotes

Agreement with NHL still pending

Phoenix Coyotes owner Jerry Moyes has agreed to sell the bankrupt franchise to the NHL.

The agreement, which still must be approved by Judge Redfield T. Baum, was announced in U.S. Bankruptcy Court yesterday after lawyers met for more than an hour during a recess in a status hearing on the case.

Former coach Wayne Gretzky, who has a $22.5-million claim in the case, has not agreed to the deal.

Moyes' lawyer says the decision to make a deal came largely because the costs of running the team in bankruptcy were coming out of the league's $140-million offer.

NHL deputy commissioner Bill Daly says once the deal closes, the league will immediately look to sell the team, preferably to an owner who will keep the club in Arizona. The NHL's offer was much lower than Research In Motion boss Jim Balsillie's. THE CANADIAN PRESS

NFL Eagle flies high

WIN MCNAMEE/GETTY IMAGES

Philadelphia's Will Witherspoon celebrates his touchdown after intercepting a pass from Washington's Jason Campbell last night as the Eagles visited the Redskins. **For a complete game recap, visit metronews.ca/sports**

Melnyk steps up for Olympic skiers

VANCOUVER 2010 Games

OLYMPICS Facing a shortfall that might have impaired Canada's alpine skiers from their goal to own the podium at the Winter Olympics, Alpine Canada has come up with a raffle that should put them over the top.

The sport's governing body wants to sell 3,000 memberships, at $100 each, to give it the financing it needs for more training, enough staff and coaches in the run-up to the Winter Games.

"The strategy of winning stays the same whether you have money or not," said men's downhiller Jan Hudec of Calgary. "This allows us to implement the idea, plan for our training."

Eugene Melnyk

Ottawa Senators owner Eugene Melnyk bought the first 300 memberships — because he wanted to be involved.

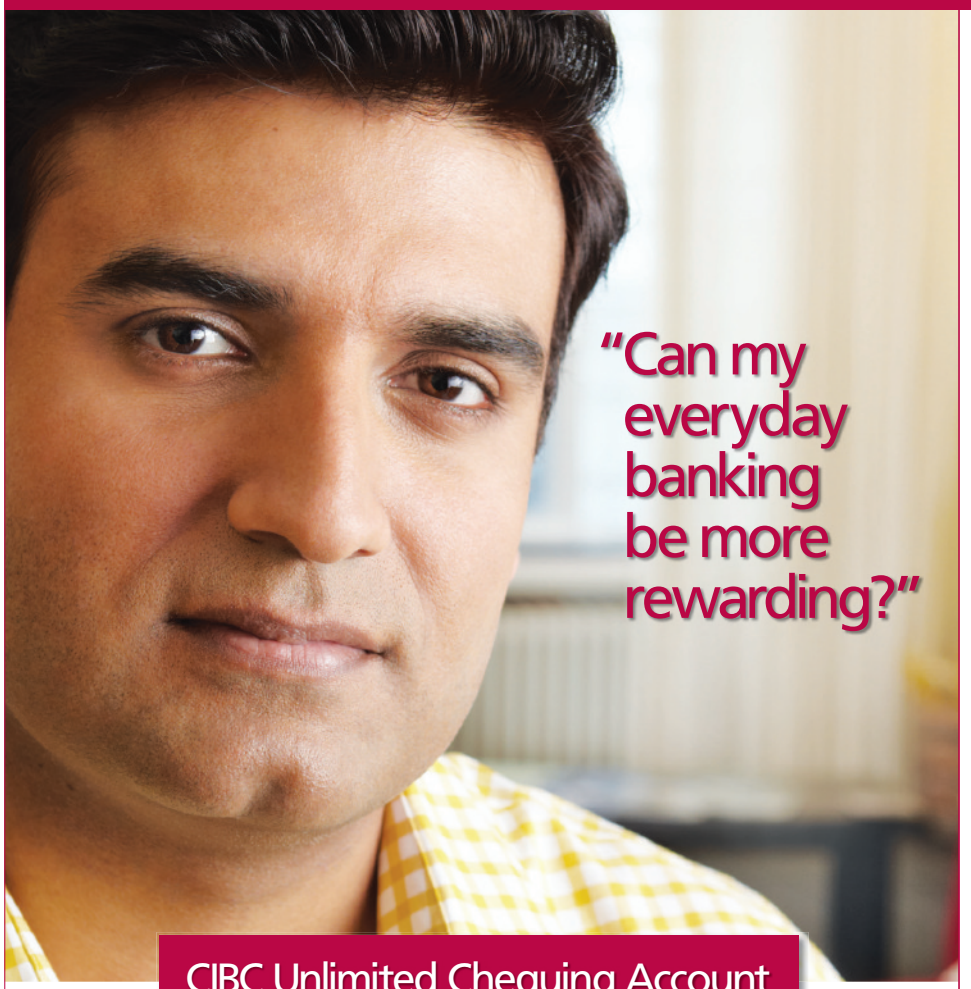
"We're all so happy watching our athletes win up there ... Then you say 'What can I do to make sure we win?'" said Melnyk. TORSTAR NEWS SERVICE

Kovalchuk could miss a month

HOCKEY Atlanta Thrashers star Ilya Kovalchuk is expected to miss two to four weeks with a broken bone in his right foot.

The team said the break was found in a CT scan yesterday.

Kovalchuk was injured when he was struck by a puck during the first period of Saturday's game against the San Jose Sharks. THE ASSOCIATED PRESS



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Weekend Rap
To stay up-to-date throughout the season with the Toronto Raptors in particular and the National Basketball Association in general, visit John Chick's Weekend Rap at **metronews.ca/weekendrap**

NBA Preview

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Revamped Raptors

Only three players remain from last season after Colangelo's overhaul

Chris Bosh, Jose Calderon and Andrea Bargnani pose with menacing glares in an ad campaign for the upcoming Toronto Raptors season, the only three familiar faces from this time last year.

But the picture could get fuzzy over the coming months as Bosh heads into a season of uncertainty and the Raptors may be seeing the last of their team captain and poster boy.

Opener
- The revamped Raptors open the season at home to Lebron James and his Cleveland Cavaliers tomorrow.

The six-year veteran appears poised to join an illustrious free agent group this coming off-season that could include LeBron James and Dwyane Wade.

Questions about the fate of the Raptors' franchise player are sure to swirl around the team as it tries to bounce back from a dismal 2008-09 season — and just how well it can do that will go a long way in determining what jersey Bosh will be wearing come this time next year.

LUCAS OLENIUK/TORSTAR NEWS SERVICE

Toronto Raptors president and CEO Bryan Colangelo sits in his office at the Air Canada Centre in downtown Toronto. After a disappointing 2008-09 season, Colangelo overhauled the team.

"The team failed miserably last year," said Raptors GM Bryan Colangelo. "There was no one more embarrassed than me."

The Raptors missed the playoffs, and as soon as they trudged off the court following their final game Colangelo got to work. He signed head coach Jay Triano to a contract extension — the Canadian was named interim coach after Sam Mitchell was fired in December, but had been able to do little more than to try to plug the dam.

He toughened up the team by trading Jason Kapono for bruiser Reggie Evans, acquired all-star and all-around player Hedo Turkoglu, who's known for poise under pressure when the clock's winding down, and selected swingman DeMar DeRozan — whose dunking ability has already drawn comparisons to Vince Carter — with the No. 9 pick in the draft.

By the time training camp opened only Bosh, Calderon and Bargnani remained from the previous year's camp roster.

"(Triano) and I talk all the time about how if we were going to walk into last year's gym and pick three guys and let's change everything, it would be the three guys that we've chosen," Colangelo said.

THE CANADIAN PRESS

Canuck ballers go for quality over quantity

PERRY LEFKO
for Metro Canada

For a game that was invented by James Naismith, basketball is not exactly overflowing with Canadians when it comes to the National Basketball Association, though there is some interesting talent, including one in the head coaching ranks.

Steve Nash has been Canada's NBA poster boy in recent years. The South African-born, Victoria-raised point guard is entering his 14th season in the NBA and has already cultivated a career that will one day make him a sure-fire hall of famer. Twice he has been voted the NBA's Most Valuable Player and he is a six-time all-star. The only aspect of his career that is missing is an NBA championship.

While Nash has been battling a bad back in recent seasons, he still plays major minutes in games and is arguably the best pure passer in the game. Last year, he set a personal-best record in free-throw percentage making .933 of his attempts.

Steve Nash

One of Nash's former national team head coaches is Jay Triano, who this year will commence his first full season in the NBA after an abbreviated season last year with the Toronto Raptors. Triano has been with the organization since 2002 when he was hired as an assistant coach and made history in the process as the first Canadian hired in that position. Last year, he became the first Canadian head coach in NBA history when he filled in temporarily for Sam Mitchell, who took a leave of absence because of the death of his father-in-law. The Raptors later fired Mitchell and made Triano the interim head coach, but after the season the team removed the interim tag and signed him to a long-term deal.

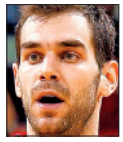
The NBA has some other interesting Canadian angles. Toronto-born centre Jamaal Magloire is entering his 11th season in the NBA and with his eighth team, the Miami Heat, which signed him last season.

The Heat have another Canadian product in Montreal native Joel Anthony, a forward who is entering his third NBA season. While largely a backup, Anthony started in 28 of the 65 games he played and doubled his minutes from his rookie season. Anthony has played for Canada's national team.

The other Canadian in the NBA is Samuel Dalembert, a brawny centre with the Philadelphia 76ers. The Haiti-born, Montreal-raised player is entering his eighth season in the NBA, his entire career played in Philadelphia. He has proven his durability, playing every game the last three seasons and averaging about nine rebounds per game.

2009-10 Toronto Raptors

Projected starting five


Jose Calderon
FROM Villanueva de la Serena, Spain
LAST SEASON .497 field goal %, .406 three point %, 8.9 assists per game, 12.8 points per game
TRIVIA Helped Spain win 2006 FIBA Worlds.

DeMar DeRozan
FROM Compton, Calif.
LAST SEASON (University of Southern California) .523 FG%, 5.7 rebounds per game, 13.9 PPG
TRIVIA Was able to dunk by sixth grade.

Hedo Turkoglu
FROM Istanbul, Turkey
LAST SEASON (Orlando Magic) 5.3 RPG, 4.9 APG, 16.8 PPG
TRIVIA NBA signing was a national event in Turkey

Chris Bosh
FROM Dallas, Texas
LAST SEASON .487 FG%, 10.0 RPG, 22.7 PPG
TRIVIA In 2003-04, set franchise record for most rebounds in a rookie season with 557.

Andrea Bargnani
FROM Rome, Italy
LAST SEASON .409 3Pt%, 5.3 RPG, 15.4 PPG
TRIVIA Joined Andrew Bogut (Australia) and Yao Ming (China) as the only international No. 1 picks

5 teams to watch during the 2009-10 season

Portland Trail Blazers — The Trail Blazers were everyone's darlings a year ago and they responded with a drive to the playoffs. Now the real work begins as they try to join the elite teams in the West and they won't be able to sneak up on anyone.

Washington Wizards — The hits just keep on coming for the Wizards, who get oft-injured Gilbert Arenas back, but will start the season with Antawn Jamison on the shelf. They added depth with Randy Foye and Mike Miller for new coach Flip Saunders.

Memphis Grizzlies — Watch 'em if you're the type that likes a train wreck because the possibility exists. Toss shot-happy Zach Randolph and Allen Iverson into a mix that includes O.J. Mayo and Rudy Gay and this could get ugly fast.

Oklahoma City Thunder — Are the Thunder this year's Trail Blazers? Kevin Durant is a unique talent, with plenty of good young teammates around him like Jeff Green and a good young coach in Scott Brooks. This could be the up-and-coming team to watch this season.

Miami Heat — With all the changes of teams in the East, the Heat were strangely silent, not giving Dwyane Wade any real help. Michael Beasley has had off-the-court issues, Jermaine O'Neal could very well get injured and Miami could be in for a long year.

TORSTAR NEWS SERVICE

SPECIAL FOCUS ON:
Cosmetic Procedures

Health & Beauty

EDITOR: JENNIFER.PRITTIE@METRONEWS.CA

Supersize me

Forget adding a bit of oomph — these days, U.K. women are opting for massive implants

ELISABETH BRAW
Metro World News

"Women used to come to us asking for implants that kept their natural look. Now more and more women want very large implants." Dr. Nilesh Sojitra, plastic surgeon

Emma Lindley decided she was tired of her small breasts. So last year, she got implants — but not discreet ones. Lindley chose to go from an A cup to a D cup.

"I didn't feel feminine in most clothes, particularly bikinis and dresses," says Lindley, a 26-year-old Londoner. "And because of my small breasts, I lacked confidence, which affected everyday life. I felt underdeveloped and like a boy."

Lindley is part of a larger trend. "Women used to come to us asking for implants that kept their natural look," says Dr. Nilesh Sojitra, a plastic surgeon at London-based clinic Mybreast, where Lindley had her surgery. "Now more and more women want very large implants. They've heard that a DD or E cup is good, so that's what they ask us for."

According to Cloverleaf Medical, a leading British distributor of breast implants, sales of its largest implants have increased by 20 per cent over the past five years.

Aesthetics are by no means the only factor to consider when deciding upon implant size.

In a discussion of breast implant surgery on its website, plasticsurgery.ca, the Canadian Society of Plastic Surgeons notes that "in general, the larger the implant, the greater the risk of complications."

Bigger is apparently better: British women are now choosing to get much larger implants.

Breast implants are also becoming more popular across the board: Last year, the number of such surgeries in the U.K. increased by 30 per cent from 2007.

"All women want a fuller look nowadays," explains Dr. Douglas McGeorge, a plastic surgeon and former President of the British Association of Aesthetic Plastic Surgeons. "Especially women in their late teens or early 20s, who haven't fully developed their breast tissue, now ask for implants."

When Sojitra asks his patients to try on an E cup bra, some change their minds. "But many choose very large implants, whether they look natural or not," he notes.

Problem solved: Matte pink lipstick

Q: I read on your blog that matte pink lipsticks are big for fall. Do you have any suggestions on how to find the right shade for my skin tone?

A: "I"m a huge fan of the matte pink look because it can look very mod or rock "n" roll. There"s a wide variety of matte pinks on the market from powdery to darker, more suede-like pinks," says celebrity makeup artist Talia Shobrook who created the makeup looks for the Marchesa runway show during New York Fashion Week. "For lighter skin tones, I suggest choosing a mauve or pale rose pink. Benefit has a good one called No Competition. Darker skin tones should go for darker pinks with a hint of purple. The darker your skin tone, the more daring the shade of pink you can wear.

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"I cleansed my body and the kilos started melting off!"

Lise Marie lives in Norway and works at a car dealership. She has always loved candy and sodas, but after years of low energy and steady weight gain, she decided to make a change in her life.

"In only 10 weeks I lost 25 kilos! It was wonderful and I am in no doubt that Biofirm was the reason for my success. It was like getting a kick-start back to my old self. I felt more energetic from the start and that motivated me to change my lifestyle."

Kick-starting the diet

"I have always been a sugar junkie. I really needed it to keep my energy high all day. But it made me gain weight and at my highest, I weighed 94 kilos.

Then I read about Biofirm in a newspaper, and about how it would help my body expel toxins and thereby lose weight. I bought a package and started taking the tablets every day, while drinking lots of water and eating almost as usual.

Very quickly I noticed a change. Initially I didn't feel so great, but then after a week, I felt better and more energetic, which then made me want to move around more. After about 2 weeks the weight started dropping fast. At one point my mother actually starting getting worried about me, which I can understand. But I was sure it was because my body needed the cleanse, in order to release the fat."

Maintaining my weight

"Today my body feels light and I can fit my old clothes again. My sugar cravings are much weaker, and I am more physically active. That combination has really worked for me, to keep the weight off. Now I maintain my healthy weight with a cleanse once a year."

Biofirm is a Danish Detox product used for cleansing the body and reducing weight. Its the No. 1 detox product in Europe. In Canada, it can be bought in most pharmacies and health food stores.

WHAT IS DETOXING?

Spas and cleanses are not only reserved for the rich and famous. The herbal tablet Biofirm has helped thousands get a healthier lifestyle.

Whenever you eat food it gets processed in the body, to create energy. In the process, waste products, or toxins, are created. Other toxins, such as chemicals, air particles, pesticides and heavy metals also enter your body. But whether its toxins your body makes or toxins your body receives, they all need to be excreted. If they are not, they affect your health and you start getting symptoms like fatigue, repressed immune system, skin problems, joint problems, mental cloudiness, increased fat accumulation and problems losing weight.

What is Biofirm?

Biofirm is an herbal tablet that contains well-known and tested plant extracts. The natural active ingredients support the livers function and increase detoxification. The herbs also help the kidneys increase the urine production, to support the lymph system and its excretion of toxins.

Facts about Biofirm!

- Biofirm works without having to fast
- Biofirm is a strong herbal combination in a tablet form, made easy to take.
- Biofirm is produced in Scandinavia and has been used since 1992.
- Biofirm is the No.1 detox product in Europe and was voted detox product of the year in the UK!
- Biofirm helps the body release toxins that are stored in fat cells.
- Biofirms helps kick-start weight loss.

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For more information, please call 1-800-261-4223 or visit us at **www.newnordic.ca**

Surprise! Women have sex for lots of different reasons

There's been quite a fuss kicked up in recent weeks over a new book called Why Women Have Sex: Understanding Sexual Motivations — From Adventure To Revenge (and Everything in Between).

Authors Cindy M. Meston and David M. Buss spent five years grilling more than 1,000 women about why they have sex and discovered that — surprise! — women have sex for a lot of reasons. Some do it out of duty, some for fun, some for money and some to relieve menstrual cramps (endorphins released through orgasm temporarily relieve pain).

I'm not sure why this is such a revelation to everyone. Just as women eat for reasons beyond survival, and shop for reasons beyond making sure their children don't go to school naked, they have sex for a variety of reasons, which range from the lofty to the less-than-honourable to just plain boring. Of course, it's fascinating to examine the why behind the reasons we do a lot of things in life, and sex should be no exception. To this end, the book is an interesting read.

Marrying the anecdotal with the scientific, the authors conclude that women choose to have sex with symmetrical men with deep voices for evolutionary reasons, in order to ensure healthier offspring. They do it to stop their partners from cheating. They do it to get stuff, be it money or household chores. And sometimes, yes, they simply do it for kicks.

It's nice to see the debate go beyond the old simplistic women do it for love, men do it mostly for physical gratification theory that so often gets bandied about.

But why just scrutinize women's sexual motivations? The authors argue that women's reasons are more complex, in part, because women can get pregnant and therefore must be more selective about why and with whom they have sex.

I'm sure there's some truth to that. But I can guarantee, even without doing five years of research, that, if they're honest about it, men have sex for just as many different reasons.

In the press release for the book, Meston says that the research "could help increase empathy and sexual communication between partners, and between men and women."

It seems to me that as long as we keep making female sexuality more and more complex, while we continue to talk about men's desire as if it's just like a light switch waiting to be flicked on, we're moving in the opposite direction.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

That's a wrap: Two new treatments claim they'll help shed unwanted flab

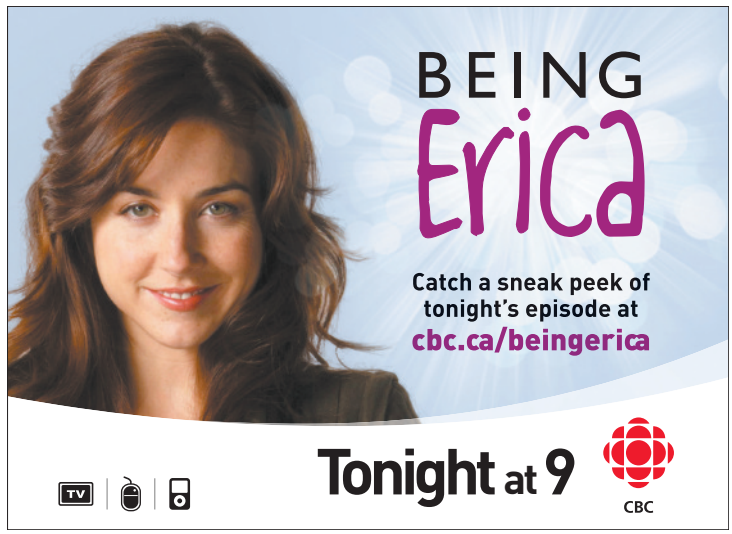
NEW PROCEDURES Here's a celebrity secret: Now you can get the effects of doing 200 sit-ups without the, um, sit-ups. And lose inches while relaxing.

Two new spa treatments combine to tone your stomach and peel inches off your whole body. One is the Universal Contour Wrap, in which the body is wrapped with 25-30 warm, clay-dipped elasticized bandages to exfoliate and cleanse the skin. And the other is the Eurowave, which uses electrical muscle stimulation (EMS) to flex deep core muscles, simulating physical exercise.

The combination is apparently popular among celebrities who are already working out and eating well but want extra toning and tightening. One Eurowave treatment costs about $75, while 10 treatments are $499. Distributors say that while you will notice results after one treatment, it takes 10 to go down a size. One Universal Contour treatment costs $200 (and takes off six inches, say promoters), and three cost about $550.

The Eurowave and Contour Wrap are available at select spas across Canada.

CELIA MILNE/ FOR METRO CANADA



Things that go crunch in the night ...
Ghoulish Goodies: Creature Feature Cupcakes, Monster Eyeballs, Bat Wings, Funny Bones, Witches' Knuckles, and Much More!, by Sharon Bowers, is a colourful selection of frightful foods that will delight children and the young-at-heart alike. THE CANADIAN PRESS

Food

Pumpkins aren't just an icon of Halloween. They also are a sign of healthy eats. Like carrots, pumpkins are loaded with the antioxidant beta-carotene, potassium and fibre. Plus, with only 49 calories per 250 ml (1 cup) cooked, this tasty squash is a great fit for a healthy diet.

THE ASSOCIATED PRESS

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Cheesy, chicken party bites

Marinated Mozzarella Cubes

MAKES 12 SERVINGS

INGREDIENTS:
- 1 lb (500 g) mozzarella cheese, cut into 1-in. (2.5 cm) cubes
- 1 jar (7 oz/207 ml) roasted red peppers, drained and cut into bite-size pieces
- 6 fresh thyme sprigs
- 2 garlic cloves, minced
- 1 1/4 cups (300 ml) olive oil
- 2 tbsp (25 ml) minced fresh rosemary
- 2 tsp (10 ml) Italian seasoning
- 1/4 tsp (1 ml) crushed red pepper flakes
- Bread or crackers

METHOD:

1. In 1-qt (1 L) jar with tight-fitting lid, layer one-third of cheese, peppers, thyme and garlic. Repeat layers twice.
2. In small bowl, combine oil, rosemary, Italian seasoning and pepper flakes; mix well. Pour into jar; seal and turn upside down.
3. Refrigerate overnight, turning several times. Serve with bread or crackers.

Marinated Mozzarella Cubes

Chicken Kiev

SERVES 6

INGREDIENTS:
- 1/4 cup (50 ml) butter, softened
- 1 tbsp (15 ml) minced chives
- 1 garlic clove, minced
- 6 boneless skinless chicken breast halves
- 3/4 cup (175 ml) crushed cornflakes
- 2 tbsp (25 ml) minced fresh parsley
- 1/2 tsp (2 ml) paprika
- 1/3 cup (75 ml) buttermilk

METHOD:

1. In small bowl, combine butter, chives and garlic. Shape into 3-in. x 2-in. (7.5 cm x 5 cm) rectangle. Cover and freeze until firm, 30 minutes.
2. Flatten chicken breasts to 1/4-in. (0.5 cm) thickness. Cut butter mixture crosswise into six; place one piece in centre of each chicken breast. Fold long sides over butter; fold ends up and secure with toothpick.
3. In shallow dish, combine cornflakes, parsley and paprika. Place buttermilk in another shallow dish. Dip chicken into buttermilk, then coat evenly with cornflake mixture.
4. Place chicken seam side down in greased baking pan. Bake, uncovered, at 425°F (220°C) 35-40 minutes or until no longer pink. Remove toothpicks before serving. Serve over rice.

Chicken Kiev

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

This Halloween, cupcakes will bite back

If you're looking for easy, no-recipe-needed Halloween treats, these creeped-out cupcakes are an eerily good choice.

Both ideas are from Matthew Mead's Monster Book of Halloween, which is jammed with numerous ghastly treats and decorations.

Vampire Cupcakes

Bake up a batch of your favourite cupcake recipe or prepare a boxed mix according to package directions. Alternatively, most bakeries (even those in grocers) will sell unfrosted cupcakes if asked in case you want to do only the fun part — the decorating.

Once the cupcakes have cooled, frost them with white cake frosting.

Use black gel icing (the sort sold in tubes in the baking aisle) to draw a bat on top of each cupcake. If you need help with this, a template can be downloaded from Mead's website at tinyurl.com/yeboobr. Cut out the template and use it as a stencil.

Use a toothpick to make 2 holes (bite marks) near each bat, then drizzle red gel icing into each.

Get Slimed Cupcakes

Prepare 2 packages of Jell-O Gelatin (any variety, though green and yellow are good) according to the package's directions for Jigglers (2 packages plus 500 ml/2 cups boiling water). Divide the liquid among 6 flexible silicone baking cups.

Divide remaining liquid among 6 round-bottomed teacups (this creates a domed top for each cupcake), filling each about 2 cm (1/2 inch). Refrigerate everything for 4 hours or until set.

To remove gelatin from cups, set base of each in a bowl of warm water for about 10 seconds. Overturn cups and gently pry out cupcakes and dome tops.

Invert a dome onto each cupcake, then decorate with gummy worms.

ABBY CROWE/THE ASSOCIATED PRESS
Vampire Cupcakes

THE ASSOCIATED PRESS

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Braaains...

Age is only a number when it comes to celebrating All Hallows' Eve. Of course nowadays I'm less about the candy and more about a liquid treat and Oct. 31 is the perfect day for a Bloody Mary or two.

A few years ago I made a pilgrimage to Harry's New York Bar in Paris — the place where vodka first met tomato juice back in 1921 — to learn more about the classic cocktail. The secret is the spirit. Harry's bartender prefers **Russia's Stolichnaya Vodka ($23.58 - $26.48)** because of its rustic texture. Since it's almost Halloween, I think **Crystal Head Vodka ($51.00 - $74.95)** from Newfoundland would be more appropriate.

Conceived in the mind of Ghostbuster Dan Aykroyd; it shows off a sophisticated, lightly sweet flavour that just happens to come wrapped in one spooky skull-shaped bottle.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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Braeden is back
Weeks after announcing his departure from The Young and the Restless, Eric Braeden is back and — as he puts it — "ready to kick ass" as Victor Newman. Contract negotiations between Braeden and the show broke down this fall. TVGUIDE.COM

Entertainment

Financial loss
50 Cent has lost "a few million" in the current recession. The rapper said his financial endeavours — particularly buying and selling diamonds — have taken a hit.
FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

DVD picks

Orphan

Director: Jaume Collet-Serra

FAMILY VALUES are put to the test in this surprisingly effective summer shocker, which plays off the age-old fear of inviting horror into your home.

The marriage of John and Kate Coleman (Peter Sarsgaard and Vera Farmiga) is on the rocks after the third pregnancy for Kate, a problem drinker, ends in tragedy. The couple already have daughter Max (Aryana Engineer) and son Daniel (Jimmy Bennett), but they really want a third child. They decide to try again, but this time going the adoption route.

They welcome home Esther (Isabelle Fuhrman), a nine-year-old Russian with intense eyes. Max takes to her immediately, but Daniel is wary — and with good reason. Esther swears a lot and knows way more about sex than she should.

The suspense builds well, aided by strong performances by Sarsgaard and Farmiga, who improve every movie they're in. Orphan redeems the horror career of director Jaume Collet-Serra, who previously helmed the simply awful Paris Hilton vehicle, House of Wax.

Extras include additional scenes and an alternate ending.

Peter Howell/for Metro Canada

Python looks back

Filmmakers present an exhaustive portrait of comedy troupe

AMBER RAY
Metro World News

Monty Python: Almost the Truth (the Lawyer's Cut), the six-part retrospective celebrating 40 years of silly walks and odes to lumberjacks by the irreverent British comedy troupe, is at times reverential and revelatory, celebratory and silly.

But the one thing filmmakers Bill Jones (son of Python Terry Jones) and Ben Tillman definitely did not want their documentary to be is — as Jones puts it — "a—kissing."

"The main thing we wanted to do was make sure we weren't sucking up to them too much," Jones adds.

"So we stick it in them a couple times."

"We wanted to be irreverent in a sense like they are," Tillman completes the thought.

The pair have known each other since the age of 4, and in 1998 formed the film company Bill and Ben Productions, working on films about the Sex Pistols and the Clash, among others.

"We open the film with taking a p— (at the Pythons)," Tillman continues, "and then ..."

"Well it's also a bit easier to do that when they're a bit rude about each other as well," Jones chimes in. "They don't really care."

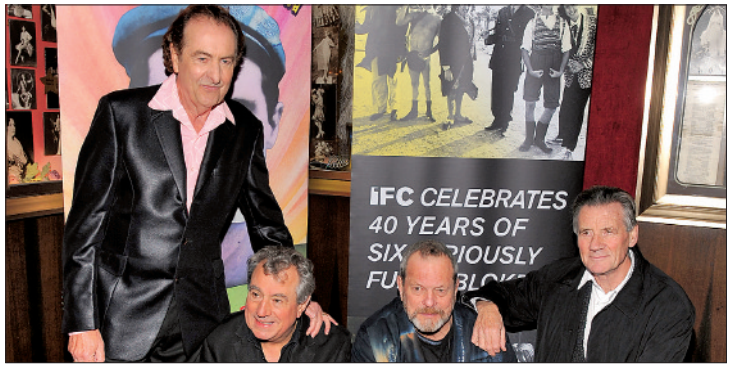
"But mostly the piece is the entire history of the Pythons told chronologically," Tillman finishes. "This is ultimately what we set out to create."

And, ultimately, it may very well be the definitive Monty Python documentary.

Having spent so much time documenting the Monty Python crew, we asked the filmmakers what they believe is the group's most important mark on comedy.

"For me, the most important thing they've done is to give people the freedom to do whatever comedy they think is funny," Jones says.

"They've given people an opportunity to create a new kind of funny," Tillman adds.



Actors Eric Idle, Terry Jones, Terry Gilliam and Michael Palin attend the IFC & BAFTA Monty Python 40th Anniversary event at the Ziegfeld Theatre in New York City.

Almost the truth

- Monty Python: Almost the Truth (the Lawyer's Cut) is now avaialble on DVD.

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Perry "insulted" by Lee

Tyler Perry, appearing on 60 Minutes, said he was "insulted" by Spike Lee's criticisms of Perry's hit TV shows and movies. Lee recently called Perry characters such as Madea examples of "coonery" and "buffoonery." METRO NEWS SERVICES

Halloween classics

Holiday serves up plenty of spooky film and TV options

PHIL BROWN
for Metro Canada

With Halloween only a few days away, everyone is suddenly in the mood to enjoy some good old fashioned morbid entertainment.

Last week the latest Saw movie debuted and next week Donnie Darko director Richard Kelly will provide us with some Twilight Zone inspired chills with The Box. But if you don't feel like venturing out to the multiplex for an annual dose of horror, there are still plenty of ways to excite your eyeballs with Halloween entertainment at home. Everyone has their favourite Christmas movie or TV special, but Halloween has just as many film and television classics. To make your holiday viewing schedule a little easier, we've compiled a list of the essential Halloween classics.

Halloween: John Carpenter's 1979 horror classic has become a Halloween favourite for a reason. Not only does the movie take its title and setting from the holiday, but it's also the movie that launched the slasher genre that dominated horror for years (this may or may not be a good thing). A subtle horror movie that relies more on suspense and dread than goopy gore, Halloween has lost none of it's ability to give audiences sleepless nights in the thre decades since it's original release.

The Simpsons Treehouse Of Horror: For 20 years (yep, you're officially old) The Simpsons have been providing horror/comedy for Halloween with what is typically their best episode of the season. What better way could there be to celebrate the holiday than by watching Homer threaten the world's favourite animated family with an axe in an homage to The Shining or seeing a creepy merchant handing out possessed Krusty dolls with delicious bowls of frogurt? This Halloween tradition might be the most missed aspect of The Simpsons when the show finally ends its groundbreaking run.

It's The Great Pumpkin, Charlie Brown: Before The Simpsons claimed supremacy over animated TV holiday specials, there was Charlie Brown. Charles Schulz's beloved awkward youngster and his group of charmingly childish friends set out on a night of trick or treating and a search for the mysterious Halloween monster "the great pumpkin" in this TV classic. It might not be scary and it's definitely not as beloved as the Peanuts Christmas special, but this is vital viewing for anyone craving nostalgia.

Milhouse and Lisa head toward the pumpkin patch where the grand — instead of the great pumpkin — might appear in the annual Simpsons Treehouse of Horror episode.

Trick R' Treat: Released only a few weeks ago, it might seem like jumping the gun to call Trick R' Treat a holiday classic, but one viewing of Michael Dougherty's directorial debut should be all you need to add it to your annual Halloween viewing list. This anthology horror movie set on Halloween combines liberal doses of comedy and horror for pure giddy holiday entertainment. The combined tales of an evil principal, mysterious partygoers, a Halloween prank gone wrong, and a murderous little trick or treater are sure to be October slumber party staples for years to come.

The Nightmare Before Christmas: Tim Burton's stop motion classic might just be the perfect movie to watch on Halloween. After all, when you go out on Nov. 1 the stores will already be stocking the shelves for Christmas. Watch this movie and you can knock two holiday viewings off at once and go back to your regularly scheduled programming. Perfect Halloween viewing for the lazy or attention span impaired.

IN THEATRES NOVEMBER 6
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VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
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	254	-	9 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	5 CTV	etalk (CC)	Hollywood	CSI: NY "Boo" (CC)		Dancing With the Stars (CC)		Law & Order: SVU		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma "Masonic Leaders"		Perspectives	Ek Noor	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Deliverance" (CC)		NCIS: Los Angeles "Identity"		The Good Wife "Stripped"		News
	256	389	12 VI	Degrassi: TNG	TMZ (N) (CC)	So You Think You Can Dance The top 20 dancers perform.				(:01) Wife Swap (CC)		A News (N)
	253	359	13 CITY	The Office	The Office	The Biggest Loser (N) (CC)				The Jay Leno Show (N) (CC)		The CityNews
	-	-	14 CW	The Office	The Office	90210 "To New Beginnings!"		Melrose Place "Nightingale"		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Deliverance" (CC)		NCIS: Los Angeles "Identity"		The Good Wife "Stripped"		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser (N) (CC)				The Jay Leno Show (N) (CC)		KING 5 News
	602	568	19 W	Old Christine	Friends (CC)	Friends (CC)	Grocery Bag	Style by Jury	Style by Jury	How to Look Good Naked (N)		10 Years
	288	380	24 ABC	Wheel-Fortune	Jeopardy! (N)	Great Pumpkin, Charlie Brown		Dancing With the Stars (CC)		(:01) the forgotten (N) (CC)		KOMO 4 News
	-	-	26 KVOS	M*A*S*H	Seinfeld	Child's Play ★★ (1988) Catherine Hicks, Chris Sarandon.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	Life (Part 2)	Steves Europe	Nova (CC) (DVS)		Frontline "Close to Home" (N)		Independent Lens (CC)		Hoover-Landsl
	290	382	28 FOX	Two/Half Men	Two/Half Men	So You Think You Can Dance The top 20 dancers perform.				Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	Frontline "Close to Home" (N)		Being Served	Keeping Up	Tavis Smiley	Charlie Rose (N) (CC)		Nova (CC) (DVS)	
	296	654	34 SBK	The Office	Name Is Earl	Frasier (CC)	'70s Show	South Park	Half & Half	Bring Wall St	Hatchett	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 "To New Beginnings!"		Melrose Place "Nightingale"		KTLA Prime News (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury Paternity-test results.	
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show-Letterman		Late Late Show		Inside Edition	Will & Grace
news	502	390	23 NW	CBC News: the fifth estate		CBC News: The National (N)		CBC News: The National		CBC News: the fifth estate		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	NHL Hockey Detroit Red Wings at Vancouver Canucks. (Subject to Blackout)					Sportsnet	Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre	That's Hockey	SportsCentre	Off the Record	World Poker Tour		Motoring 2009	Auto Racing	SportsCentre
	411	457	49 OLN	Ghost Hunters (CC)		Dog the Bounty Hunter (CC)		Survivorman (CC)		Ghost Hunters (CC)		Bounty Hunter
	410	403	54 SCR	NBA-Preview	NBA Basketball Los Angeles Clippers at Los Angeles Lakers. (Live)					Score Now		Final Score
	417	406	55 SC	Jacked!	Jacked!	Pimp My Ride	Pass Time	Monster Jam		Super Bikes!	Super Bikes!	Jacked!
	416	409	144 GLF	Fútbol Uruguayo		MLS Weekly	Gol TV News	Toronto-Today	MLS Weekly	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	OddParents	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	Prank Patrol	Adrenaline
	555	545	50 TEL	Scooby-Doo	Scooby-Doo and the Cyber Chase ★★ (CC)			Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny Chance	Zack & Cody	Overruled! (N)	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Babar (CC)	Zigby	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction (N)		First Australians (N) (CC)		El Sistema	Brighter Future	Their Brothers' Keeper		Diamond
	575	583	20 CMT	Home Imp.	Home Imp.	Wilsons	Wilsons	Reba (CC)	Reba (CC)	According-Jim	According-Jim	Home Imp.
	570	580	42 MM	MuchNews	My Date	One Tree Hill (CC)		Starmaker		MuchNews	Love Court	Spotlight
	600	564	48 H&G	House	House	Holmes on Homes (CC)		HGTV's Top	Design Inc.	Pure Design	Genevieve	House
	615	520	61 A&E	Parking Wars	Parking Wars	Parking Wars	Parking Wars	(:01) The First 48 (CC)		Parking Wars	Parking Wars	Parking Wars
	628	584	62 SPKE	Scream 2009 (N)				Scream 2009				Ways to Die
	521	560	84 TLC	Little Couple	Little Couple	Cake Boss	Cake Boss	18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	Little Couple
	616	522	63 SHO	The Outer Limits "Living Hell"		Wide Awake (2007) Missy Peregrym, Scott Wickware. (CC)				Bones "The Girl in the Gator"		NCIS (CC)
	620	523	40 BVO	Tribute to the King		Law & Order "Exchange"		Without a Trace (CC)		Not One Less ★★ (1999) Wei Minzhi. (CC)		
	601	562	41 SLC	Bulging Brides	Bulging Brides	ET Canada	What	Biggest Loser Australia (N)		Beauty and the Geek (CC)		Trading Sp
	520	505	92 DIS	Time Warp (N)		Daily Planet (CC)		Destroyed	Destroyed	Time Warp		How It's Made
	522	506	44 HIS	Ancient Discoveries (CC)		Cities of the Underworld		Cities of the Underworld		Ultimate Engineering (CC)		Crime Stories
	627	528	45 SPC	(6:00) The Hitcher ★ (2007)		InnerSpace	Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager (CC)	
	294	650	57 TBS	The Office	The Office	Seinfeld	Seinfeld	Sex and-City	John Q ★★ (2002) Denzel Washington, Robert Duvall. (CC)			
	619	525	48 TROP	'70s Show	'70s Show	The Outer Limits "Haven"		ET Canada	Switch (N)	Family Guy	'70s Show	'70s Show
	603	561	69 FN	Good Eats	Good Eats	Iron Chef America (CC)		Unwrapped	Unwrapped	The F Word (CC)		Good Eats
	-	-	93 AMC	Halloween 5: The Revenge of Michael Myers ★★ (1989)				Buffy the Vampire Slayer ★ (1992) Kristy Swanson. (CC)				Frightnrs
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	Daily Show
	320	621	30 CEN	(6:20) Shred (2008) (CC)		The Ruins ★★ (2008) Jonathan Tucker. (CC)		(:35) Cloverfield ★★★ (2008) (CC)				Speed Racer
	581	566	101 MTV	The Hills (N)	After	MTV Live	Sex News	The City	The City	The Hills	After	MTV Live
	261	394	102 V	Unscripted (N)	I Prophesy	Poltergeist: The Legacy		Space Cowboys ★★★ (2000) Clint Eastwood, Tommy Lee Jones. (CC)				
	-	-	103 MUL	Sewing Maid	Boys Over Flo	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

It's the Great Pumpkin, Charlie Brown

So many Halloween TV specials these days are like getting a rock in your trick-or-treat bag, but some 43 years after its first airing, this animated gem remains one of the best, as idealistic young Linus patiently sits in his "sincere" pumpkin patch waiting for the Santa-like Great Pumpkin to reward him with Halloween largesse. Arguably second only to "A Charlie Brown Christmas" among the many "Peanuts" specials in terms of memorable moments. 8 PM on ABC

The Biggest Loser

The winner of this episode's pop challenge gets a strong advantage in picking out which members of opposing teams will face off against each other at weigh-in. Four-time World Series champion Derek Jeter talks to the contestants about teamwork before they take part in a baseball challenge, with chef Curtis Stone preparing a healthy Mediterranean meal for the winner. A contestant breaks a "Biggest Loser" record. Alison Sweeney hosts. 8 PM on NBC, CITY

MJ's kids in therapy: Sister

Four months after the death of their father Michael Jackson, his kids Paris, 11, Prince 12, and Blanket, 7, have turned to therapy to cope with their grief, Michael's sister LaToya Jackson tells London's Mirror newspaper, people.com reports. METRO NEWS SERVICES

Celebrity Buzz

Celebrity tweets

Gene Simmons has to work at fitting into his spandex trousers, Josh Groban is fine with other celebrities leaving Twitter, Kirstie Alley isn't interested in nice guys, and Diablo Cody finds her beauty regimen exhausting:

• @genesimmons
...cutting down on sweets...god help me, I love cookies...

• @joshgroban
I am waiting this quitting Twitter thing out until I'm the only one left. Mine I say!! Alll miiiine!! Mwa ha

• @kirstiealley
I don't want a man who "listens" and is "calm" grrrr...I want a man who is on fire and is wild and funny and is BRAVE..I love BRAVE men @diablocody
I feel like my entire life is just a losing battle with my eyebrows.

Madge plans to meet Mercy's dad in Malawi

FACE TO FACE During her trip to Malawi to establish a $15 million school, Madonna plans to meet three-year-old adopted daughter Mercy's father, usmagazine.com reports.

A source close to the pop star, 51, tells usmagazine.com that she will meet 24-year-old James Kambewa — who currently works odd jobs including serving as a night guard — for the first time during her humanitarian trip to the African nation.

"Madonna wants to meet Mr. Kambewa because she does not want to deny Mercy her background," a source tells Us. "Madonna wants to assure Mr. Kambewa that Mercy will not be delinked from her roots."

Still, another family member of Mercy's isn't happy with the pop star's plan. Mercy's uncle, Peter Baneti, tells Us that her family in Malawi doesn't approve of the meeting because Kambewa has only claimed paternity of Mercy after news of the adoption first emerged in April.

"We do not recognize Kambewa as Mercy's father," Baneti says. "He just came out of the woodwork to claim paternity while he was not there when my sister was pregnant."

METRO NEWS SERVICES

Ivanka ties knot with paper owner

WEDDING BELLS Jewelry designer and entrepreneur Ivanka Trump is a married woman, usmagazine.com reports.

The 27-year-old daughter of Donald Trump swapped vows with New York Observer owner Jared Kushner Sunday in New Jersey, the website has confirmed.

The afternoon nuptials took place on the grounds of the Trump National Golf Club in Bedminster, New Jersey. Ivanka wore a Vera Wang wedding gown, inspired by Grace Kelly.

"She was the most stunning bride," a rep for Ivanka tells Us. Despite a short engagement, Ivanka says the plan for her special day quickly fell into place — thanks to a wedding planner who kept her on task.

METRO NEWS SERVICES

Joe Jackson great dad: Sharpton

ALL YOU NEED IS TOUGH LOVE Al Sharpton singled out Joe Jackson as an outstanding parent. Jackson, who has weathered accusations of abuse from his children, especially his late son Michael Jackson, was recognized with an award by Sharpton's National Action Network over the weekend. "The arrogance of (people) attacking a man for being a stern father," Sharpton said.

METRO WORLD NEWS

True Blood co-stars find true love

ROMANCING THE SAND When Stephen Moyer proposed marriage to his True Blood co-star Anna Paquin, he looked to his onscreen character, Bill Compton, for a little inspiration, people.com reports. "There's a song Bill listens to in the car about a white sandy beach," Moyer says. "So we decided to go away for a break — to a white sandy beach — and that's where it happened."

Moyer, 39, and Paquin, 27, managed to keep their offscreen romance a secret on the set until an awkward love scene forced the actor to do the honourable thing.

METRO NEWS SERVICES

The Weather Network
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Today Sunny 9°/ 4°
Wednesday Showers 80% 8° / 6°
Thursday Rain 80% 13° / 8°

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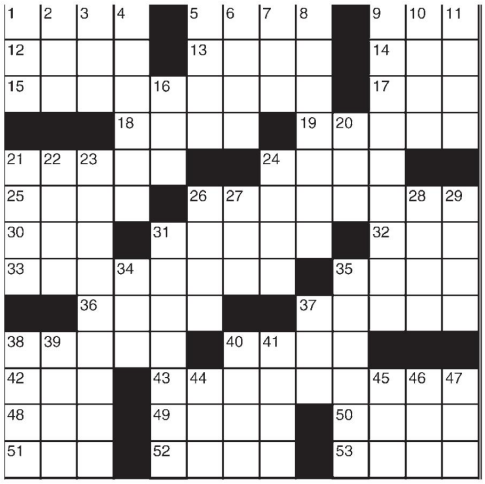
For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 "— the night before ..."
5 Out on the briny
9 Branch
12 Near the treasure
13 Sci. course
14 Pi follower
15 Salad ingredient with a heart
17 Aviv preceder
18 You, to a Quaker
19 Bobby of Indy 500 fame
21 Nebraska city
24 Money of Ethiopia
25 Lean and supple
26 High- — (hockey infraction)
30 Superlative ending
31 Heart line?
32 Pirouette pivot
33 Airport listing
35 Sawyer's pal
36 Orsk's river
37 Surround
38 "Get lost!"
40 First victim
42 Spoon-bender Geller
43 Missile launchers
48 Extinct bird of New Zealand
49 Hiding spot
50 Shaving cream additive
51 Possess
52 Use a keyboard
53 Misrepresent

DOWN

1 Old airline initials
2 Kids' card game
3 Illustrations
4 Forge
5 Rue the run
6 Oxford, e.g.
7 "A mouse!"
8 Neil Diamond hit
9 Joint woe
10 Comical Caroline
11 Gangster's gal
16 Dance syllable?
20 Noah's creation
21 Hasn't paid yet
22 Catchall abbr.
23 Evoking Camelot
24 Nibble
26 Satan's buy
27 Bygone MTV show
28 Zilch
29 Well-bred chap
31 Inflexible
34 Mound stat
35 Guys
37 Puccini's "Un — di"
38 Wrestling style
39 Boast
40 On
41 Tour de France need
44 Siegfried's partner
45 Wapiti
46 Fish eggs
47 Evergreen type

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

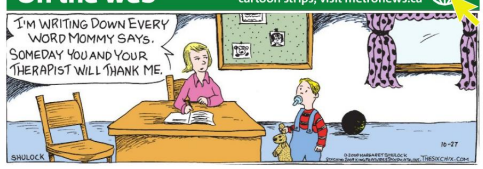
			5	3				4
1		4		8		5		
					9			8
	6	1	7	5		3		
		8				7		
		2		9	6	8	4	
6			4					
		3		6		2		9
8				2	5			

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

6	9	7	3	2	4	1	8	5
4	1	5	9	6	8	7	3	2
8	2	3	5	1	7	4	6	9
7	8	9	6	4	3	2	5	1
2	5	6	1	8	9	3	4	7
3	4	1	7	5	2	6	9	8
9	7	2	8	3	6	5	1	4
5	3	8	4	7	1	9	2	6
1	6	4	2	9	5	8	7	3

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Pineapple Beef Stir-Fry

INGREDIENTS:

1 can (28 oz/796 ml) pineapple chunks
1/2 cup (125 ml) minced cilantro
1/4 cup (50 ml) soy sauce
1 tbsp (15 ml) ground ginger
1 lb (500 g) beef steak, thinly sliced
1 tsp (5 ml) cornstarch
2 tsp (10 ml) vegetable oil
1 medium red pepper, thinly sliced
1/2 cup (125 ml) cut fresh green beans
1 tbsp (15 ml) chopped chili peppers
2 garlic cloves, minced
2 green onions, sliced

METHOD:

1. Drain pineapple, reserving 1 cup (250 ml) pineapple and 3/4 cup (175 ml) juice (Save remainder for another use).
2. Combine cilantro, soy sauce, ginger and reserved pineapple juice. Remove 3/4 cup (175 ml); cover and refrigerate.
3. Combine beef and remaining marinade. Refrigerate 30 minutes. Discard marinade. Mix cornstarch and reserved juice mixture until smooth.
4. Stir-fry beef in oil 5-6 minutes. Remove beef with slotted spoon and keep warm. Add pepper, beans, chili peppers and garlic to skillet; stir-fry 5 minutes. Stir juice mixture into skillet.
5. Bring to boil; stir 1 minute or until thickened. Add onions, beef and reserved pineapple. Serve over rice.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Don't feel guilty about leaving boring tasks to others because the planets urge you to focus only on things that are new and exciting.

TAURUS ♉
APRIL 21-MAY 21
Don't make too many plans today because Saturn's change of signs on Thursday will disrupt things in unexpected ways.

GEMINI ♊
MAY 22-JUNE 21
You can tell without knowing why that something out of the ordinary is going to happen. But that is not an excuse to hide yourself away.

CANCER ♋
JUNE 22-JULY 22
You may have been running here, there and everywhere recently but now you must take life more slowly.

LEO ♌
JULY 23-AUG 23
Live for the moment and don't waste time wondering if things might have turned out better had you done this or that.

VIRGO ♍
AUG 24-SEPT 22
You may not understand why certain events had to happen but you do understand that you can't turn the clock back.

LIBRA ♎
SEPT 23-OCT 23
No matter how complicated life seems to get this week, you must never forget that there is always a simple explanation for all that happens.

SCORPIO ♏
OCT 24-NOV 22
The Sun in your sign will help to protect you from harm, but that's not an excuse to push boundaries beyond where you know they should be.

SAGITTARIUS ♐
NOV 23-DEC 21
The future is nowhere near as bleak or as barren as certain people are encouraging you to believe. Life always changes.

CAPRICORN ♑
DEC 22-JAN 20
If you feel like shutting yourself off from the world and being alone with your thoughts, do so.

AQUARIUS ♒
JAN 21-FEB 18
This should be a relaxed and enjoyable day for you and it will be more enjoyable still if you share it with people on the same wavelength.

PISCES ♓
FEB 19-MARCH 20
Despite past mistakes, you don't need to question if you are going about things in the right way.

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This day in history

OCT. 27, 1795: The United States and Spain sign the Treaty of Madrid, which establishes the boundaries between Spanish colonies and the U.S.
OCT. 27, 1810: The United States annexes the former Spanish colony of West Florida.
OCT. 27, 1904: The first underground New York City Subway line opens; the system becomes the biggest in United States, and one of the biggest in world.
OCT. 27, 1922: United States Navy radioman Allen R. Schindler, Jr. is brutally murdered by shipmates for being gay, precipitating first military, then national, debate about gays in the military that resulted in the United States "Don't ask, don't tell" military policy.

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Halloween deals

starting at $699

+Taxes & other fees (including service charges): $132

Honolulu, Hawaii
Aqua Aloha Surf & Spa • 3★
Continental breakfast
Savvy Saver - Moderate partial city view rm.
Nov. 30 • 1 wk.
$699
+Taxes & other fees (including service charges): $132

Varadero
Sirenis La Salina Varadero • 4★
All-Inclusive • Standard rm.
Dec. 25 • 1 wk.
$1549
+Taxes & other fees (including service charges): $212

Ixtapa / Zihuatanejo
Barceló Ixtapa Beach • 4★
All-Inclusive • Standard rm.
Dec. 19 • 1 wk.
$1359
+Taxes & other fees (including service charges): $265

Jamaica
Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Dec. 25 • 1 wk.
$1399
+Taxes & other fees (including service charges): $260
Book and pay in full Nov. 2

Barceló Marina Palace • 4 1/2★
All-Inclusive • Junior suite
Jan. 8 - 22 • 1 wk.
$1339
+Taxes & other fees (including service charges): $212

Turks & Caicos via Toronto
Comfort Suites • 2 1/2★
Continental breakfast
Junior suite - Run of the house
Nov. 21 • 1 wk.
$1199
+Taxes & other fees (including service charges): $234

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Dec. 25 • 1 wk.
PRIVILEGES
$1599
+Taxes & other fees (including service charges): $260
Book and pay in full Nov. 2

Los Cabos
Royal Solaris Los Cabos Resort • 4★
All-Inclusive • Deluxe rm.
Dec. 20 • 1 wk.
$1329
+Taxes & other fees (including service charges): $268

Punta Cana via Calgary
Gran Bahia Principe Punta Cana • 5★
All-Inclusive • Junior suite
Dec. 22 & 29 • 1 wk.
$1799
Book and pay in full by Oct. 31
+Taxes & other fees (including service charges): $301

DEAL to EUROPE

Paris via Montreal or Toronto
All Seasons Paris Gare Est • 3★
Breakfast
Standard rm.
Dec. 1, 3 & 4 • 4 nts.
$857
+Taxes & other fees (including service charges): $414

DEAL on CRUISES

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Interior stateroom, cat. M
Dec. 13 • 1 wk.
$1069
+Taxes & other fees (including service charges): $178

SOL MELIÁ HOTELS & RESORTS

Puerto Vallarta
Meliá Puerto Vallarta • 4★
All-Inclusive
Deluxe garden view rm.
Dec. 5 & 12 • 1 wk.
PRIVILEGES
$979
+Taxes & other fees (including service charges): $265

Cancun / Riviera Maya
Paradisus Riviera Cancun Resort • 5★
All-Inclusive
Deluxe garden view junior suite
Jan. 30 • 1 wk.
PRIVILEGES
$1669
+Taxes & other fees (including service charges): $245

Meliá Puerto Vallarta

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